

## Cauliflower, Spinach & Sweet Potato Dhal

**Makes:** 6 servings

### Ingredients

1 tablespoon olive oil  
1 large onion, finely diced  
2 cloves garlic, crushed  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp ground turmeric  
1 tsp chilli powder  
2cm fresh root ginger, grated  
250g red lentils, rinsed  
900ml hot vegetable stock  
2 med sweet potatoes, peeled and cut into 2cm cubes  
1 medium cauliflower, cut into small florets  
1 bay leaf  
235g spinach leaves, washed  
200g low-fat natural yoghurt  
20g fresh coriander leaves, chopped  
1 lemon, cut into wedges



### Instructions

Heat the oil in a pan, then fry the onions for 5-10 minutes until soft

Add the garlic, dry spices and ginger, then fry for a further 2-3 minutes to release the aromatic flavours

Stir in the lentils and hot stock, scraping the base of the pan to mix all the spices

Add the sweet potato, cauliflower and bay leaf and bring to the boil. Cover, then simmer gently for 15 minutes to wilt the spinach

Stir through the yoghurt and fresh coriander, season to taste, then serve garnished with lemon wedges

### Nutrition information:

Each Serving:

Kcal	133
Sat Fat	0.4g
Net Carbs	13g
Protein	9g